

UNIVERSITY OF ZAGREB SCHOOL OF MEDICINE

Plan of the course

**Clinical Nutrition**

Academic year **2016/2017**

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prof. dr. sc. Željko Krznarić

## **I. COURSE AIMS**

**Clinical nutrition** represents the review of basic topics in clinical nutrition needed for everyday clinical practice. The aims of the course are: introducing the student with the terminology, fundamentals of nutritional biochemistry, practice of clinical nutrition and ethics.

The complexity of the course manifests within the collecting data and contacting with the non-English speaking patients. For this reason, it is necessary for students to learn basics of Croatian language, especially the terminology regarding symptoms and signs of diseases and terms connected to nutritional status and food items.

The course will consist of the standard lectures and seminars. Seminars are characterized by interaction, which enables the students to approach issues and problems more elaborately, as well as to clarify the ambiguous terminology. Practicals make the most important part of this course, and they last throughout the whole week enabling the students to get acquainted with the formulae, devices and procedures, emphasizing the importance of relevant clinical examples.

At the end of the course the student must be trained for independent and logical data collecting, as well as for standard prescription of clinical nutrition.

- To learn the meaningful approach to the clinical nutrition, nutritional requirements and clinical way of making a decision about nutrition support therapy in clinical medicine
- To learn how to interview the patient and take the nutritional history
- To learn how to carry out the status and how to differentiate normal findings and disturbances
- To learn the typical findings and special techniques of nutritional assessment in specific instances
- To learn the basic concepts of enteral and parenteral nutrition
- To understand the principles of diet therapy and clinical nutrition in more frequent diseases
- To encourage the independent gaining of knowledge

## **II. COURSE STRUCTURE**

### **Course hours:**

Lectures: 5

Seminar: 7

Clinical practicals: 13

### **Total hours: 25**

Lectures (L): 5 hours

Seminars (S): 7 hours

Practicals (P): 13 hours

**Total: 25**

## **III. PLAN OF THE COURSE AND COURSE SCHEDULE**

### **BLOCKS OF THE COURSE**

Number of blocks: 1

Block number	Start	End
1.	28.11.2016	16.12.2016

## BLOCKS OF THE COURSE SCHEME

### Block 1

Date	Time	Group	Course hours type	Theme	Teaching staff
Monday 28.11.2016.	14:30-15:15; KBC, edukacijski centar S. Dogan		Lectures	Introduction to digestive system and metabolism	prof. dr. sc. Željko Krznarić
	15:15-16:00; KBC, edukacijski centar S. Dogan		Seminar	Body composition, nutritional requirements and nutritional assessment	prof. dr. sc. Željko Krznarić
	16:00-16:45; KBC, edukacijski centar S. Dogan		Lectures	Enteral nutrition	prof. dr. sc. Željko Krznarić
Wednesday 30.11.2016.	14:30-16:45; KBC, Interna klinika		Clinical practicals	Nutritional status and nutritional assessment	doc. dr. sc. Darija Vranešić Bender, Dina Kelečić Ljubas
Thursday 1.12.2016.	14:30-16:00; KBC, edukacijski centar S. Dogan		Seminar	Indications, contraindications and complications of enteral nutrition	prof. dr. sc. Željko Krznarić
Monday 5.12.2016.	14:30-15:15; KBC, edukacijski centar S. Dogan		Lectures	Parenteral nutrition	prof. dr. sc. Željko Krznarić
	15:15-16:00; KBC, edukacijski centar S. Dogan		Lectures	Organization of nutritional care, monitoring of nutritional support	prof. dr. sc. Željko Krznarić
	16:00-16:45; KBC, edukacijski centar S. Dogan		Seminar	Diet therapy and nutritional counseling	prof. dr. sc. Željko Krznarić
Wednesday 7.12.2016.	14:30-16:00; KBC, Interna klinika		Clinical practicals	Formulae for enteral nutrition	doc. dr. sc. Darija Vranešić Bender, Dina Kelečić Ljubas
Thursday 8.12.2016.	14:30-16:00; KBC, edukacijski centar S. Dogan		Seminar	Indications, contraindications and complications of parenteral nutrition	prof. dr. sc. Željko Krznarić
Monday 12.12.2016.	13:45-14:30; KBC, edukacijski centar S. Dogan		Lectures	Clinical nutrition in different clinical situations: severe malnutrition= IBD, SBS, liver disease, ICU	prof. dr. sc. Željko Krznarić
	14:30-16:00; KBC, Interna klinika		Clinical practicals	Formulae for parenteral nutrition	prof. dr. sc. Željko Krznarić, doc. dr. sc. Darija Vranešić Bender, Dina Kelečić Ljubas
Wednesday 14.12.2016.	13:45-15:15; KBC, edukacijski centar S. Dogan		Seminar	Ethics in clinical nutrition	prof. dr. sc. Željko Krznarić
Thursday 15.12.2016.	13:45-16:00; KBC, Interna klinika		Clinical practicals	Nutrition in prevention and therapy of obesity and metabolic syndrome; Nutrition in elderly; Nutritional support in cancer	prof. dr. sc. Željko Krznarić, doc. dr. sc. Darija Vranešić Bender, Dina Kelečić Ljubas

## IV. EXAMINATIONS

Written exam consists of multiple-choice questions.

**Grade: Fail or pass**

**Exam dates:**

**1st term:** Last day of the course

## **V./I LIST OF LECTURERS AND TEACHING STAFF**

1. prof. dr. sc. Željko Krznarić

## **V./II EXTERNAL ASSOCIATES:**

1. doc. dr. sc. Darija Vranešić Bender

2. Dina Kelečić Ljubas

## **V./III UNTENURED LECTURERS:**

## **VI. LITERATURE**

### **A. Mandatory**

Sobotka L. Basics in Clinical Nutrition, Fourth Edition. ESPEN&Galen, Prague, 2010.

### **B. Additional**

Alpers DH, Stenson WF, Bier DM. (2002) Manual of Nutritional Therapeutics. 4.izd Lippincott WW, Philadelphia.